



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DISCOVER SOMETHING NEW



## Grand Traverse Bay YMCA

3000 Racquet Club Drive, Traverse City, MI 49684  
[www.gtbayymca.org](http://www.gtbayymca.org) [info@gtbayymca.org](mailto:info@gtbayymca.org)

**933-YMCA (9622)**

SPRING & SUMMER 2012



## YMCA Board of Directors

Michael Carroll  
Doug Cook  
Nick Edson  
Jill Fenton-Jones  
Hank Johnson  
Marc Judge

Jay Larner  
Denny Lauterbach  
Brett McGreaham  
Tina Piotrowski  
Kim Pontius  
John Russell

Lynn Schultz  
Bill Stone  
Rita Whaley  
Ron Williamson

## YMCA Staff

**Tom Van Deinse** - CEO  
**Barb Beckett** - Sports Program Director  
**Linda Doornbos** - Accountant  
**Tony Letizio** - Maintenance Director  
**Dagny Monette** - Child Care, Family, Camps Director  
**Carrie Rollenhagen** - Executive Assistant  
**Betsy Van Deinse** - Gymnastics Supervisor  
**Joseph Van Deinse** - Tennis  
**Erica Wilson** - Camps, Families, and Teens Supervisor

The Grand Traverse Bay YMCA also employs over 200 part-time staff and recruits 350 volunteers for over 65 programs.

## Building Hours: Memorial Day to Labor Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 12:00 pm
Sunday	Closed

## Labor Day to Memorial Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	1:00 pm – 9:00 pm

## 2012 Facilities Closings:

Jan 1 - New Year's Day	Sept 3 - Labor Day
Apr 8 - Easter Sunday	Nov 22 - Thanksgiving Day
May 28 - Memorial Day	Dec 25 - Christmas Day
July 4 - Independence Day	

*Christmas Eve and New Year's Eve: OPEN 6:00am - 3:00pm*

## Financial Aid & Scholarships

The Grand Traverse Bay YMCA is a 501(c)(3) not-for-profit charitable organization. We depend on membership fees, program fees, & contributions in order to provide our services to the community. It is our philosophy to never deny our services to youth and families because of inability to pay. Check our website at [www.gtbayymca.org](http://www.gtbayymca.org)

## Admittance

- \* Members and guests must sign-in at the front desk.
- \* A YMCA Membership card or photo ID is required.
- \* Children grades 6 and under must be supervised by an adult or be a participant in a YMCA program.



[www.gtbayymca.org](http://www.gtbayymca.org)

[newsqtbayymca.blogspot.com](http://newsqtbayymca.blogspot.com)



Y Main Facility, 3000 Racquet Club Drive  
933-9622  
[www.gtbayymca.org](http://www.gtbayymca.org)



Y Gymnastics Center, 1100 Woodmere, Ste A  
929-2869



Y Early Childhood Center,  
1100 Woodmere, Ste B, 421-3568



New YMCA,  
3700 Silver Lake Road  
[www.4good4ever.org](http://www.4good4ever.org) 935-4066



## FOR SOCIAL RESPONSIBILITY MEMBERSHIP

It's more than just a membership ...  
**It's the Y!**

Being a member of the Grand Traverse Bay YMCA is unlike any health club membership. The Y brings families and friends of all ages together in a healthy, fun environment that builds body, mind and spirit!

Whether you participate in one or many of our youth sports, adult fitness classes, senior league play, or popular Family Fun Nights, you'll appreciate the variety of activities we offer to our members.

### IT PAYS TO BE A MEMBER OF THE Y!

While we encourage use of the YMCA by the whole community, those who choose to become members are part of a worldwide movement dedicated to youth development, healthy living and social responsibility! Members also enjoy many perks, including:

- Free indoor tennis, 6-8 a.m., M - F
- Ability to reserve courts
- Free fitness classes
- Free access to cardio area
- Free circuit-training room
- Free drop-in basketball
- Free or reduced rates on more than 65 programs!
- Free outdoor tennis
- Free racquetball
- Free Family Fun Nights
- Free teen dances
- Free WiFi & coffee in the lobby
- Free drop-in child watch
- Free lockers and towel service #

You'll be welcomed at more than 1,000 YMCAs nationwide through the YMCA AWAY program! Contact individual YMCAs for individual program terms.

### 2012 DAY-PASS RATES\*\*

**Youth: \$5**  
**Adults: \$10**  
**Family: \$15**

### 2012 CAMP & CHILD CARE PROGRAM MEMBERSHIP RATES

**\$25/YEAR**

**ALLOWS  
FAMILIES  
ACCESS TO  
SELECTED YMCA  
PROGRAMS**

**\$25/YEAR**

**ALLOWS  
INDIVIDUALS  
ACCESS TO  
SELECTED YMCA  
PROGRAMS**

\*\*Day Passes are limited to 3 uses per year.

### Bank Draft Policy

Bank draft is automatically renewed on an ongoing basis. A 30-day written notice and return of membership cards are required to cancel a membership. Automatic withdrawals are made on your local checking or savings account on the 1st or 15th of each month. The initial payment of Joiner Fee plus one month membership fee is non-refundable. The first debit can be expected within 30 days of purchase. The YMCA reserves the right to cancel any bank draft, and deny future bank drafts, due to insufficient funds.

### 2012 FACILITY MEMBERSHIP RATES\*

JOINER FEE		MONTHLY BANK DRAFT	MONTH-TO-MONTH NON-BANK DRAFT <small>Includes joiner fee</small>	6 MONTH OPTION <small>Includes joiner fee</small>	ANNUAL
\$50	<b>YOUTH</b> AGES 18 & UNDER	\$17	\$49	\$152	\$204
\$50	<b>SENIOR</b> AGES 60 & OLDER	\$27	\$69	\$212	\$324
\$50	<b>ADULT</b> AGES 19-59	\$32	\$79	\$242	\$384
\$50	<b>ADULT COUPLE</b> <small>AS DEFINED BY THE IRS</small>	\$42	\$99	\$302	\$504
\$50	<b>FAMILY</b> <small>AC &amp; DEPENDENTS</small>	\$47	\$109	\$332	\$564

### Late Fees

A late fee of \$10 will be charged for all payments made after the registration deadline for all programs (includes programs with player fees) and to all late membership renewals. The late fee is non-refundable and will not be included in any program credit as per the Program Refund Policy. NSF or returned checks will have a \$20 fee added.

# Notice: all lockers are for day use only. Locks left on overnight will be removed and all contents discarded immediately.

\*Visit [www.gtbayymca.org](http://www.gtbayymca.org) for rate details and restrictions. Rates & fees subject to change without notice.



**YOUTH DEVELOPMENT**  
**2012 DAY CAMP**  
**DISCOVER SOMETHING NEW!**

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**Registration Fee is waived until May 7!**

**Join us for Registration Night  
at the Y on May 4th**

**Science & Nature Camp has four, one week sessions – June 18 to July 13**

**Art Camp has four, one week sessions – July 16 to August 10**

**All other camps have twelve, one week sessions starting June 11 and ending August 31**

**Traditional Y Day Camp**

*for campers entering grades 1 – 6*

At Traditional Y Day Camp, campers participate in activities designed around a different themes each week. Campers are divided into age-appropriate groups, and remain with their group most of the day.

**YMCA Member Rate: \$109/wk**

**Non-Member Rate: \$129/wk**



**K-Camp**

*for campers entering Kindergarten*

K-Camp will provide children 5 years old and those going into Kindergarten an age appropriate level of activities similar to the traditional day camp.

**YMCA Member Rate: \$109/wk**

**Non-Member Rate: \$129/wk**



**Young Explorers Camp**

*for campers age 3 ½ – 5*

The Young Explorers Camp will be located at the Y Child Care Center at 1100 Woodmere, Suite B in Traverse City and will be for 3 ½ to 5 year olds. Camp will be shaped through the YMCA's values based curriculum

**YMCA Member Rate: \$145/wk**

**Non-Member Rate: \$150/wk**



**Leaders Club Camp**

*for campers entering grades 7 – 9*

Leaders Club is for 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> graders moving to model values and leadership throughout the various camps. These campers will proceed through an application process with references to be considered for this camp.

**YMCA Member Rate: \$99/wk**

**Non-Member Rate: \$119/wk**



**Arts Camp**

*for campers entering grades 3 – 6*

Arts Camp is for children entering third to sixth grade. Each week, campers will be introduced to a new theme that will allow them to experience different mediums and styles.

**YMCA Member Rate: \$105/wk**

**Non-Member Rate: \$125/wk**



**Sports Camp**

*for campers entering grades 3– 6*

Sports Camp will give children going into third to sixth grades the opportunity either to be introduced to new sports for them or polish their skills. Each week will feature a new sport ranging from basketball, soccer, flag football, lacrosse, baseball, and canoeing.

**YMCA Member Rate: \$119/wk**

**Non-Member Rate: \$139/wk**



**Science & Nature Camp**

*for campers entering grades 3– 6*

Love to experiment? Love the outdoors? Then Science & Nature Camp is perfect for you! Take part in science projects, make up your own experiments and discover some cool things about nature in the area!

**YMCA Member Rate: \$119/wk**

**Non-Member Rate: \$139/wk**



**\*All camps are held at the main facility, 3000 Racquet Club Drive, with the exception of our Young Explorers Camp which is held at the Early Childcare Center at 1100 Woodmere. Call 933-9622 or [www.qtbayymca.org](http://www.qtbayymca.org) for more Y Day Camp information.**

## FOR YOUTH DEVELOPMENT

### Y SCHOOL'S OUT PROGRAM

### Y SPRING & CHRISTMAS BREAK CAMP

### Y CHILD CARE

## Y CHILD CARE

The Y offers high-quality, full-time and part-time child care for children from birth through age five at our Early Childhood Education Center. We provide students with engaging activities and age-appropriate materials in five classrooms tailored to each child's stage of development. Our program is curriculum-based and implements "best practice" in early childhood education. In addition to using the Creative Curriculum as our foundation, we also include an age-appropriate Christian-based curriculum and teach and model the YMCA's 4-Core values of Caring, Honesty, Respect, and Responsibility.

**Location:** YMCA Early Childhood Education Center  
1100 Woodmere, Ste. B, Traverse City

**Dates:** Mon - Fri

**Times:** 6:30 am - 6:00 pm

**Y Member Fee:**

\$170/wk for infants - toddlers

\$145/wk for preschool and pre-K students

**Non-member Fee:**

\$175/wk for infants - toddlers

\$150/wk for preschool and pre-K students

\$25 program registration fee

Partial week options available. Contact Dagny at 421-3568 for more information. *Financial assistance may be available through the YMCA or Angel Foundation. Call 421-3568 for more information.*



## Y SCHOOL'S OUT

On days when TCAPS is not in session for full days, breaks, or snow days, the YMCA offers programming for school age children called Y School's Out.

The program is located at the main YMCA and students can spend the day in a safe and fun environment playing sports, challenging their friends to board games, creating art projects, and much more. Each child is to bring a sack lunch/beverage (no candy/pop). An afternoon snack is provided.

**Location:** YMCA Main Facility

3000 Racquet Club Dr, Traverse City

**Dates:** Snow Days or TCAPS scheduled days off

**Times:** 6:45 am to 6:00 pm

**Y Member Fee:** \$16/full day, \$10 half day

All Y Child Care Programs accept DHS or have Y scholarship assistance available. Enrollment and health forms are required for each child to enter the programs. The forms may be accessed at [www.gtbayymca.org](http://www.gtbayymca.org). Y Child Care Programs are NOT Drop-In!

## FOR YOUTH DEVELOPMENT

### Y BASKETBALL SKILLS & TOURNAMENTS

### Y LACROSSE SKILLS, LEAGUES, & VARSITY TEAMS

### Y BEACH VOLLEYBALL

## SKILLS

### BASKETBALL SKILLS PROGRAM

Well-rounded skills program where children learn this popular sport in the context of the YMCA's four core values of Caring, Honesty, Respect, and Responsibility. Kids should bring a water bottle. For children in grades 1 - 5.

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Wed, Apr 4 - May 9

**Registration Deadline:** Mar 30

**Y Member Fee:** \$35

**Non-member fee:** \$70

### GRADES K - 2

Lots of fun for the little ones. No experience necessary. All equipment provided. We cover dribbling, basic rules, and how to work as a team.

**Times:** Wednesday 5:30 - 6:30 pm

### GRADES 3 - 5

This is a perfect way to learn the game. We run drills, play scrimmages, and have a lot of fun shooting hoops. Half of the class is spent on fundamentals and the other half is dedicated to game play.

**Times:** Wednesday 6:30 - 7:30 pm

## LACROSSE LEAGUES

The fastest sport on two feet. Lacrosse hand-eye coordination, running, teamwork, fitness, rules, safety, proper competition, and Y four core values ... it's all covered! Bring stick, gloves, helmet.

You MUST have proper protective gear to play!

**Location:** YMCA Main Facility, New Y fields, and TC area fields

**Dates/Sessions:** Week of Apr 9 to Week of May 21

**Times:**

Grades 1 - 4

Grades 5 & 6

Grades 7 & 8

**Registration Deadline:** Mar 15

**Fees:**

Grades 1 - 4 League Y members: \$35 Non-members: \$70

Grades 5 & 6 League Y members: \$55 Non-members: \$90

Grades 7 & 8 League Y members: \$55 Non-members: \$90

## LACROSSE VARSITY TEAMS

The Grand Traverse Bay YMCA will be handling the registration for the Grand Traverse Lacrosse Association. Obtain a registration form from your coach or at the Y.

Contact Commissioner Beckett for more information at 933-9622.

## Y BEACH VOLLEYBALL SKILLS

The Grand Traverse Bay YMCA is proud to offer beach volleyball. This program is for people in grades 5 - 7. This program is a great way for players to further develop their volleyball skills. Each practice will include: ball control, game strategy, team play, a strong emphasis on fundamental skills, and strength and conditioning.

**Location:** YMCA Main Facility

**Dates/Sessions:** Wednesdays, June 13 - July 18 (6 weeks)

**Times:** 5:30 - 7:00 pm

**Registration Deadline:** June 6

**Y Member Fee:** \$25 **Non-member fee:** \$60



## Y PEE WEE SPORTS/KINDERKICKERS

For boys and girls in preschool, 3 - 5 year olds. Learn the basics of soccer in a non-competitive, fun, and supporting atmosphere. Safety, skills, and teamwork are the focus. Class meets outdoors unless weather demands a move inside. Parents are encouraged to get involved in class exercises.

Location: YMCA Main Facility

Dates/Sessions: Monday, Apr 4 - May 9 (6 weeks)

Times: 4:30 - 5:30 pm

Registration Deadline: Mar 30

Y Member Fee: \$35

Non-member fee: \$70

## FOR YOUTH DEVELOPMENT

Y PEE WEE SPORTS/KINDERKICKERS

Y SOCCER

Y POP WARNER FOOTBALL

Y FLAG FOOTBALL



## Y YOUTH SPRING SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-8. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

Location: Area Fields including the New Y Fields!

Dates/Sessions: Apr 14

Times: Sat, Tue & Thurs evenings

Registration Deadline: Mar 21

Y Member Fee: \$35

Non-member fee: \$70

## Y YOUTH FALL SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-8. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

Location: Area Fields including the New Y Fields!

Dates/Sessions: Begins Sept 15

Times: Sat, Tue & Thurs evenings

Registration Deadline: Aug 22

Y Member Fee: \$35

Non-member fee: \$70

## Y FLAG FOOTBALL

The YMCA offers the best flag football program for boys and girls. All equipment provided and all games officiated. All players get an award for participating. Coaches are volunteer parents. Bring water bottle and dress for weather. We play—rain or shine! Both divisions meet once per week for 6 weeks.

Location: Main Facility and New Y fields

Sessions: Week of Sept 10 (6 weeks)

Grades 2 & 3: Tue 5:00 - 7:00 pm

Grades 4 & 5: Thu 5:00 - 7:00 pm

Registration Deadline: Sept 9

Y Member Fee: \$35

Non-member Fee: \$70

## Y POP WARNER FOOTBALL

The YMCA offers the oldest and safest youth tackle football program for boys and girls, not to mention it's the 2nd largest Pop Warner program in the Midwest! This is a travel league that plays on Saturdays in the fall.

Junior Pee Wee: Ages 8 -10 and 60 - 105 lbs.

Junior Midget: Ages 10 - 12 and 85-135 lbs.

Check with local associations for information on the Pop Warner Cheerleading program.

TRAVERSE CITY ONLY SIGN UP NIGHTS:

Apr 24, May 22, Jun 19, Jul 24

Check out Youth Football websites at: [www.qtbayymca.org](http://www.qtbayymca.org), [www.tcyouthfootball.org](http://www.tcyouthfootball.org), [www.ymcafootball.com](http://www.ymcafootball.com)

Contact League Commissioner Barb Beckett at 231-933-9622





## YMCA GYMNASTICS

1100 Woodmere, Suite A, Traverse City, MI 49686

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for four/six weeks. PreTeam & Team classes are ongoing with monthly payment plan. **Y Gymnastics will have final approval on class placement.**

### SPRING II: WEEK OF MAY 14 – WEEK JUNE 4 (4 WEEK SESSION)

<b>Boys &amp; Girls ages 1 – 3 (w/parent)</b> Y Members: \$17 non-Members: \$33 — Tue 10:00 am — Wed 10:30 am — Thurs 10:00 am — Fri Noon — Sat 10:30 am (all classes 45 min)  <b>Boys &amp; Girls ages 3 – 4</b> Y Members: \$17 non-Members: \$33 (Coach recommendation required for 3 yo) — Mon 4:30 pm — Mon 5:30 pm — Tue 10:00 am — Tue 3:30 pm — Tue 4:30 pm — Tue 5:30 pm — Wed 10:30 am — Wed 4:00 pm — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Thurs 3:30 pm — Thurs 4:30 pm — Thurs 5:30 pm — Thurs 6:30 pm — Fri Noon — Sat 11:30 am (all classes 45 min)	<b>Boys &amp; Girls ages 5 – 6</b> Y Members: \$17 non-Members: \$33 — Mon 4:30 pm — Mon 5:30 pm — Tue 10:00 am — Tue 3:30 pm — Tue 4:30 pm — Tue 5:30 pm — Wed 10:30 am — Wed 4:00 pm — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Thurs 3:30 pm — Thurs 4:30 pm — Thurs 5:30 pm — Thurs 6:30 pm — Fri Noon — Sat 11:30 am (all classes 45 min)  <b>Boys Only ages 7 &amp; Up</b> Y Members: \$20 non-Members: \$36 — Mon 4:30 pm — Wed 6:00 pm (all classes 55 minutes)	<b>Beginner Girls ages 7 &amp; Up</b> Y Members: \$20 non-Members: \$36 (Coach recommendation required for 7 yo) — Mon 4:30 pm — Mon 5:30 pm — Tue 4:30 pm — Tue 5:30 pm — Wed 4:00 pm — Wed 5:00 pm — Wed 6:00 pm — Thurs 4:30 pm — Thurs 5:30 pm — Thurs 6:30 pm — Sat 10:30 am (all classes 55 min)  <b>Int ages 6 &amp; Up 1 or 2 days/week</b> 1 day: Y Members: \$30 non-Members: \$48 2 day: Y Members: \$50 non-Members: \$67 (Coach recommendation required) — Mon 5:30 pm — Tue 4:30 pm — Wed 5:00 pm — Thurs 4:30 pm — Sat 10:30 am (all classes 1 hr 55 min)	<b>Advanced 1 or 2 days/week</b> 1 day: Y Members: \$30 non-Members: \$48 2 day: Y Members: \$50 non-Members: \$67 (Coach recommendation required) — Mon 5:30 pm — Tue 4:30 pm — Wed 5:00 pm — Thurs 4:30 pm — Sat 9:30 am (all classes 2 hrs)  No classes on Memorial Day, Monday, May 28. Monday classes will be extended to June 11 to make up.
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### SUMMER I: WEEK OF JUNE 18 – WEEK JULY 23 (6 WEEK SESSION)

<b>Boys &amp; Girls ages 1 – 3 (w/parent)</b> Y Members: \$25 non-Members: \$49 — Mon 9:00 am — Wed 9:30 am — Thurs 10:00 am — Fri 10:00 am (all classes 45 min)  <b>Boys &amp; Girls ages 3 – 4</b> Y Members: \$25 non-Members: \$49 (This class ONLY available to 3 year olds upon placement by a Y Gymnastics coach.) — Mon 9:00 am — Wed 9:30 am — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Fri 10:00 am (all classes 45 min)	<b>Boys &amp; Girls ages 5 – 6</b> Y Members: \$25 non-Members: \$49 — Mon 9:00 am — Wed 9:30 am — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Fri 10:00 am (all classes 45 min)  <b>Boys Only ages 7 &amp; Up</b> Y Members: \$30 non-Members: \$54 — Tue 9:00 am — Wed 6:00 pm — Thurs 9:00 am (all classes 55 minutes)	<b>Beginner Girls ages 7 &amp; Up</b> Y Members: \$30 non-Members: \$54 (This class ONLY available to 7 year olds upon placement by a Y Gymnastics coach.) — Mon 9:00 am — Tue 10:00 am — Wed 9:30 am — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Fri 10:00 am (all classes 55 min)  <b>Int ages 6 &amp; Up 1 or 2 days/week</b> 1 day: Y Members: \$46 non-Members: \$70 2 day: Y Members: \$76 non-Members: \$100 (Coach recommendation required) — Mon 9:00 am — Tue 10:00 am — Wed 9:30 am — Wed 5:00 pm — Thurs 10:00 am (all classes 1 hr 55 min)	<b>Advanced 1 or 2 days/week</b> 1 day: Y Members: \$46 non-Members: \$70 2 day: Y Members: \$76 non-Members: \$100 (Coach recommendation required) — Mon 9:00 am — Tue 10:00 am — Wed 9:30 am — Wed 5:00 pm — Thurs 10:00 am (all classes 1 hr 55 min)  No classes on Independence Day, Wednesday, July 4. Wednesday classes will be extended to August 1 to make up.
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### SUMMER II: WEEK OF AUGUST 6 – WEEK AUGUST 27 (4 WEEK SESSION)

<b>Boys &amp; Girls ages 1 – 3 (w/parent)</b> Y Members: \$17 non-Members: \$33 — Mon 9:00 am — Wed 9:30 am — Thurs 10:00 am — Fri 10:00 am (all classes 45 min)  <b>Boys &amp; Girls ages 3 – 4</b> Y Members: \$17 non-Members: \$33 (This class ONLY available to 3 year olds upon placement by a Y Gymnastics coach.) — Mon 9:00 am — Wed 9:30 am — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Fri 10:00 am (all classes 45 min)	<b>Boys &amp; Girls ages 5 – 6</b> Y Members: \$17 non-Members: \$33 — Mon 9:00 am — Wed 9:30 am — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Fri 10:00 am (all classes 45 min)  <b>Boys Only ages 7 &amp; Up</b> Y Members: \$20 non-Members: \$36 — Tue 9:00 am — Wed 6:00 pm — Thurs 9:00 am (all classes 55 minutes)	<b>Beginner Girls ages 7 &amp; Up</b> Y Members: \$20 non-Members: \$36 (This class ONLY available to 7 year olds upon placement by a Y Gymnastics coach.) — Mon 9:00 am — Tue 10:00 am — Wed 9:30 am — Wed 5:00 pm — Wed 6:00 pm — Thurs 10:00 am — Fri 10:00 am (all classes 55 min)  <b>Int ages 6 &amp; Up 1 or 2 days/week</b> 1 day: Y Members: \$30 non-Members: \$48 2 day: Y Members: \$50 non-Members: \$67 (Coach recommendation required) — Mon 9:00 am — Tue 10:00 am — Wed 9:30 am — Wed 5:00 pm — Thurs 10:00 am (all classes 1 hr 55 min)	<b>Advanced 1 or 2 days/week</b> 1 day: Y Members: \$30 non-Members: \$48 2 day: Y Members: \$50 non-Members: \$67 (Coach recommendation required) — Mon 9:00 am — Tue 10:00 am — Wed 9:30 am — Wed 5:00 pm — Thurs 10:00 am (all classes 1 hr 55 min)
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YMCA Gymnastics Center  
1100 Woodmere, Suite A  
Traverse City, MI 49686

# 929-2869

PRIVATE AND SEMI-PRIVATE LESSONS ALSO AVAILABLE  
Y Members: \$20/half hour Non-Members: \$24/half hour

**Birthday parties available!**

Check out our NEW 3,000 sq.ft gym and the

**Adrenaline Maze Bounce House!**

It's perfect for parties! Call 929-2869 for details.





## FOR YOUTH DEVELOPMENT MICHIGAN YOUTH IN GOVERNMENT TEEN DANCES YMCA BIRTHDAY PARTIES



### TEEN DANCES – GRADES 6, 7, 8

Teens can dance the night away, enjoy pizza, and get in a few games, with hundreds of their friends during the Teen Dances at the Grand Traverse Bay YMCA Main Facility.

The dance is open to students in grades 6, 7, 8 and the price includes three hours of dancing to music provided by a professional DJ, open gym, pizza and pop. Teen Dance Code of Conduct on website <http://bit.ly/dSHpjb>

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** First Sat of each month, Jan-June, Aug-Dec

**Y Member Fee:** FREE

**Non-member fee:** \$8

Student ID is required to get into the dance! Parents and volunteers (18 & older) are always welcome to chaperone the dances.

Check out our website at [www.gtbayymca.org](http://www.gtbayymca.org), or contact Erica Wilson at 933-9622.

### MICHIGAN YOUTH IN GOVERNMENT

Youth In Government is a program that reaches out to students in the Traverse City Public Schools and surrounding schools, such as Leland and Elk Rapids.

Students learn how government works, operates, and how the government/congressional system functions to pass laws and legislation.

The entire group travels to Lansing and spends a week learning with actual hands-on experience at the State Capitol.

Check the website at [www.gtbayymca.org](http://www.gtbayymca.org), or contact Erica at 933-YMCA (9622).

### YMCA BIRTHDAY PARTIES

Weekdays, evenings, or weekends we will gladly host a two-hour party. We will decorate the party room and provide all of the paper products. Parents provide cake, ice cream, and party favors if desired. Fun events including our new bounce house are run by our staff.

**Fee:** \$130 (up to 12 children). Additional children are \$2.00 each. Maximum of 20 children.

Make your reservations at 933-9622 for the Y Main Facility.

Special Gymnastics-themed parties also available at our gymnastics center. Call Betsy at 929-2869 to make your gymnastics birthday party reservation.

# FOR YOUTH DEVELOPMENT

## Y YOUTH TENNIS

## Y ADULT TENNIS

SPRING II: WEEK OF MAY 14 – WEEK JUNE 4 (4 WEEK SESSION; NO CLASSES MAY 28 – MAKEUP JUNE 11)	
<ul style="list-style-type: none"> <li>TOTS: Tue 8:30 – 9:00 am ages 3-5 Y Members: \$14/2 hrs Non-Members: \$24/2 hrs</li> <li>Grades K-3: Sat 11:00 am – Noon</li> <li>Grades K-3: Tue 4:00 – 5:00 pm</li> <li>Grades K-3: Fri 4:00 – 5:00 pm Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Grades 4-6: Sat Noon – 1:00 pm</li> <li>Grades 4-6: Tue 4:00 – 5:00 pm Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Grades 6-8: Fri 4:00 – 5:00 pm Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> </ul>	<ul style="list-style-type: none"> <li>Grades 6-8: Sat 1:00 – 2:30 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> <li>Tourney Team: M, W, Th 4:00 – 6:00 pm (coach req'd) 2 day: Y Members: \$84/16 hrs Non-Members: \$144/16 hrs 3 day: Y Members: \$140/24 hrs Non-Members: \$240/24 hrs</li> <li>Adult Cardio Tennis 6 hr: Tue 10:00 – 11:30 am Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> <li>Adult Cardio Tennis 4 hr: Thurs 9:00 – 10:00 am Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Adult Intermediate: Thurs 8:00 – 9:30 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> </ul>
SUMMER I: WEEK OF JUNE 18 – WEEK JULY 23 (6 WEEK SESSION; NO CLASSES JULY 4 – MAKEUP AUG 1)	
<ul style="list-style-type: none"> <li>TOTS: Tue 8:30 – 9:00 am ages 3-5 Y Members: \$21/3 hrs Non-Members: \$36/3 hrs</li> <li>Grades K-3: Mon 1:00 – 2:00 pm</li> <li>Grades K-3: Wed 4:00 – 5:00 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> <li>Grades 4-6: Mon 1:00 – 2:00 pm</li> <li>Grades 4-6: Wed 4:00 – 5:00 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> <li>Grades 6-8: Wed 4:00 – 5:00 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> <li>Jr High League Training: Tue 7:00 – 8:30 pm Y Members: \$63/9 hrs Non-Members: \$108/9 hrs</li> </ul>	<ul style="list-style-type: none"> <li>PreTourney __10&amp;under __10&amp;up: Wed 5:00 – 6:30 pm Y Members: \$63/9 hrs Non-Members: \$108/9 hrs</li> <li>Tourney Team: M, W, Th 11:00 am – 1:00 pm (coach req'd) 2 day: Y Members: \$126/24 hrs Non-Members: \$216/24 hrs 3 day: Y Members: \$210/36 hrs Non-Members: \$360/36 hrs</li> <li>Adult Cardio Tennis 9 hr: Tue 10:00 – 11:30 am Y Members: \$63/9 hrs Non-Members: \$108/9 hrs</li> <li>Adult Cardio Tennis 6 hr: Thurs 9:00 – 10:00 am Y Members: \$63/9 hrs Non-Members: \$108/9 hrs</li> <li>Adult Intermediate: Thurs 8:00 – 9:30 pm Y Members: \$63/9 hrs Non-Members: \$108/9 hrs</li> </ul>
SUMMER II: WEEK OF AUGUST 6 – WEEK AUGUST 27 (4 WEEK SESSION)	
<ul style="list-style-type: none"> <li>TOTS: Tue 8:30 – 9:00 am ages 3-5 Y Members: \$14/2 hrs Non-Members: \$24/2 hrs</li> <li>Grades K-3: Mon 1:00 – 2:00 pm</li> <li>Grades K-3: Wed 4:00 – 5:00 pm Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Grades 4-6: Mon 1:00 – 2:00 pm</li> <li>Grades 4-6: Wed 4:00 – 5:00 pm Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Grades 6-8: Wed 4:00 – 5:00 pm Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Jr High League Training: Tue 7:00 – 8:30 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> </ul>	<ul style="list-style-type: none"> <li>PreTourney __10&amp;under __10&amp;up: Wed 5:00 – 6:30 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> <li>Tourney Team: M, W, Th 11:00 am – 1:00 pm (coach req'd) 2 day: Y Members: \$84/16 hrs Non-Members: \$144/16 hrs 3 day: Y Members: \$140/24 hrs Non-Members: \$240/24 hrs</li> <li>Adult Cardio Tennis 6 hr: Tue 10:00 – 11:30 am Y Members: \$42/6 hrs Non-Members: \$48/6 hrs</li> <li>Adult Cardio Tennis 4 hr: Thurs 9:00 – 10:00 am Y Members: \$28/4 hrs Non-Members: \$48/4 hrs</li> <li>Adult Intermediate: Thurs 8:00 – 9:30 pm Y Members: \$42/6 hrs Non-Members: \$72/6 hrs</li> </ul>

Grand Traverse Bay YMCA  
3000 Racquet Club Drive  
Traverse City, MI 49684

# 933-YMCA

PRIVATE AND SEMI-PRIVATE LESSONS ALSO AVAILABLE  
Y Members: \$40/hr Non-Members: \$48/hr



← SESSION DATES ON PAGE 10

### COURT FEES:

YMCA members may reserve courts up to one week in advance. Non-members may not reserve courts and must purchase a day pass in addition to court fees when playing with a member. All fees must be paid at the front desk before playing.

### CONTRACT COURT TIME:

To be assured your same court & time each week, we offer Contract Court Time for Fall and Winter. YMCA Members only. Call Barb Beckett at 933-YMCA (9622) for Contract Court availability. Contract Court is offered in 17 week sessions beginning week of Sept 5 & Jan 2.

### PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Y Member Fee: \$40/hr

Non-member Fee: \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants.

### BALL MACHINE RENTAL:

Pay court fee plus \$2 per hour.

### COURT RENTAL FEES:

#### Indoor Courts:

Mon - Fri 6 am - 8 am Members FREE

Mon - Fri 8 am - 9 am \$12/hr

Mon - Fri 9 am - 5 pm \$16/hr

Mon - Fri 5pm - 9 pm \$18/hr

Sat 8 am - Noon \$18/hr

Sun 1- 9 pm \$18/hr

#### Outdoor Courts:

Members FREE

Non-Members: \$10 day pass and \$2/hr/person

### FREE TENNIS FOR Y MEMBERS!

Y Members play tennis free 6:00 am - 8:00 am Mon - Fri

Teen Members also free 6:00 pm - 9:00 pm 2nd & 4th Sat!



Due to limited availability, registration for each new session of group tennis lessons and leagues will be subject to the following rules:

1. YMCA members currently enrolled in a group tennis lesson or league may register up to six weeks in advance for the next session. Note: lessons run on a 6-week schedule; leagues run on a 7-week schedule.
2. Other YMCA members may register for a group tennis lesson or league up to one month in advance of each session.
3. Non-members may register for group tennis lessons up to three weeks in advance of each session.
4. Registration is not complete and a spot cannot be reserved until all fees are paid.





**FOR HEALTHY LIVING**  
**PICKLEBALL**  
**NOON DROP-IN BASKETBALL**  
**RACQUETBALL, HANDBALL, WALLYBALL**



**PICKLEBALL**

Pickleball is played on a badminton-sized court with a wooden paddle and plastic ball. Join the fun!  
Truly a co-ed sport!

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Mon, Wed, Fri

Times: Call the Y at 933-9622

Y Member fee: \$3 court fee per player

Non-member fee: \$10 day pass plus \$3 court fee per player.

The Y has 3 indoor and 3 outdoor courts.

Check [www.usapa.org](http://www.usapa.org) for more information about the sport. Check [www.gtbayymca.org](http://www.gtbayymca.org) for more local information.



**NOON DROP-IN BASKETBALL**

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Tue and Thurs

Times: Noon - 2 pm

Y Member fee: FREE

Non-member fee: \$10 day pass

**RACQUETBALL, HANDBALL & WALLYBALL**

Four courts available. Members only can reserve courts.

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Open

Times: Reserve by calling 933-9622

Y Member fee: FREE

Non-member fee: \$10 day pass plus \$5/hour court fee

**FOR HEALTHY LIVING**  
**Y SOFTBALL LEAGUES**  
**Y MEN'S BASKETBALL LEAGUE**  
**GOLF AT ELMWOOD**

**Y SOFTBALL LEAGUES**

**Location:** GT County Civic Center Fields in Traverse City, MI

**WOMEN'S LEAGUE**

**REGISTRATION DEADLINE:** Apr 22

**Fee:** \$690 per team

**Starting:** May 14

**League Dates:** "A" and "B" on Tue, Wed, Thurs

**COED LEAGUE**

**REGISTRATION DEADLINE:** Mar 31

**Starting Dates & Number of Teams in League:**

Sun Competitive: May 6 for first 20 teams

Sun Recreational: May 6 for first 20 teams

Monday: May 7 first 9 teams

Friday: May 11 first 9 teams

**Sun Fee:** \$590

**Mon & Fri Fee:** \$690

**MEN'S LEAGUE**

**REGISTRATION DEADLINE:** Mar 31

**Starting Date:** Apr 30

**Leagues and Play Dates:**

Senior: Mon; B: Thu; C: Tue; D: Wed

**Fee:** \$690 per team

**Y MEN'S SPRING BASKETBALL LEAGUES**

**Location:** TC St. Francis Gym

**Registration Deadline:** Apr 1 for first 8 teams

**Times:** Sunday Evenings

**Season:** Apr 15 - June 3

**Fee:** \$350 per team

**Y MEN'S SUMMER BASKETBALL LEAGUES**

**Location:** TC St. Francis Gym

**Registration Deadline:** Jun 1

**Times:** Sunday Evenings

**Season:** Begins June 10

**Fee:** \$475 per team

**All basketball games are officiated. Contact Barb Beckett, 933-9622, for more information.**

**GOLF**

The Y will be partnering with Elmbrook Golf Course this season which will result in savings and donations for the YMCA.

Here's how it works:

- Members will get 20% off green fees for the entire season. The discount is available seven days a week after 1:00 pm (tee times are required).
- Elmbrook will donate to the YMCA 10% of proceeds from range balls purchased through the season by members.
- Elmbrook will be offering beginner clinics throughout the year for members, and will donate 10% of the proceeds back to the YMCA.

For more information call Dennis Sternburgh at Elmbrook at 946-9180. Sign up at the Y Front Desk for this great discount!

Elmbrook Golf Course is located at 1750 Townline Road East, Traverse City, Michigan.



**FOR HEALTHY LIVING**  
**NEW MEMBER ORIENTATIONS**  
**PERSONAL TRAINING**  
**FITNESS TRAINING ROOMS**



**The Y provides a variety of fitness opportunities. Most FREE to YMCA**

**members. Location:** Main Facility, 3000 Racquet Club Drive in Traverse City.

**New Members** are encouraged to schedule their free fitness orientation. Call Theresa at the Main Y Facility and schedule an orientation. Call the Front Desk at 933-9622 for more information. Also, note the fitness opportunities as explained on pages 14 - 16.

**PERSONAL TRAINING:**

Work one-on-one with a Certified Personal Trainer to assess your current fitness level and develop a program to meet your personal fitness goals. Please visit the Main Facility Front Desk to schedule a personal training session.

Group or individual training fees:  
 \$36/hr members, \$48/hr non-members

Give this training as a gift to a loved one. Contact the Front Desk 933-9622 for gift certificate information.

**CIRCUIT TRAINING ROOM ,  
 SELECTORIZED TRAINING ROOMS:  
 SCHEDULE**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>Trainer:</b> <b>Available in</b> <b>Weight Room:</b>  Noon – 6 pm	<b>New Circuit Room</b> Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm <b>Trainer:</b> 9 – 10 am 10:30 am – Noon	<b>New Circuit Room</b> Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm <b>Trainer:</b> 10 am – 1 pm 2 pm – 4 pm	<b>New Circuit Room</b> Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm <b>Trainer:</b> 9 am – 10 am	<b>New Circuit Room</b> Coed 6 am – 9 am Women 9 am – 6 pm Coed 6 pm – 9 pm	<b>New Circuit Room</b> Coed 8 am – 6 pm	<b>New Circuit Room</b> Coed 1 pm – 9 pm
Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm	Cardio/Free Weight/ Selectorized Rooms 8 am – 6 pm	Cardio/Free Weight/ Selectorized Rooms 1 pm – 9 pm



## FOR HEALTHY LIVING

### FITNESS AREAS

### Y YOUTH WORKING ON WELLNESS(WOW)

### CHILD WATCH

The Grand Traverse Bay YMCA provides four fitness areas, classes, and trained staff to provide members and the public with solutions unique to their fitness needs.

Choose between four distinct fitness areas:

#### STRENGTH & CARDIO:

14-piece strength circuit features selected machines by Body Power, complemented by three screen Broadcast Vision entertainment for our cardio equipment: four treadmills, four stair steppers, three bikes, and three elliptical machines.

#### FREE WEIGHTS:

Benches and squat rack for lifting in a semi-private setting. Check out our new rubberized flooring!

#### AEROBICS STUDIO:

Soft wood floor for dance & aerobics, as well as special fitness programs utilizing hand weights, resistance tubes, and exercise balls.

#### CIRCUIT TRAINING ROOM:

Complete circuit training room upstairs in main facility offers users the benefit of a complete workout in a nice, private, large room. **NEW programmed and staffed circuit training room opened which is located on the second level.**

#### CHILD WATCH SERVICE:

The YMCA offers babysitting for ages birth - 7 years during aerobics hours only. Parents must be on the premises for children to use this service.

#### Days/Times:

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:00pm - 7:30pm

Times are subject to change without notice.

**Fee:** YMCA Members FREE; Non-members \$3 per child/visit

## WHAT IS YOUTH W.O.W.?

**YOUTH W.O.W.** is a four-month comprehensive weight management program that combines health assessment and weight monitoring, nutritional guidance, exercise training, and behavioral counseling, all in an effort to help youth achieve and maintain a healthy lifestyle.

#### Spring/Summer

Week of May 7 – Week of Aug 20

Registration deadline: Fri, Apr 27

Orientation: 6:00 pm, Wed, May 2

Fee: Y member: \$272/4-month program (\$68/month)

Non-member: \$392/4-month program (\$98/month)

Contact Rebecca Galsterer at 933-9622 or

[www.qtbayymca.org](http://www.qtbayymca.org)



## FOR HEALTHY LIVING

### GROUP FITNESS CLASSES

#### C.S.I. CARDIO STRENGTH INTERVALS

This class puts it all together.

**Days/Session:** Mon & Wed

**Times:** 9:30 – 10:30 am

#### BOOT CAMP

Get a fast-paced workout with no two classes alike.

**Days/Time:** Fri 9:30 – 10:30 am

Mon, Wed, Fri Noon–1:00pm

#### TOTAL BODY CONDITIONING (TBC)

Increase the heart rate while sculpting those muscles.

This one-hour class combines strength training and aerobics to give you a workout worth talking about.

**Days/Session:** Mon & Wed

**Times:** 5:30 – 6:30 pm

#### Y PILATES

Pilates is a great way to firm and tone, de-stress, and rejuvenate your spirit, mind and body. Non-impact technique make for a class anyone can benefit from!

**Days/Sessions:** Tue & Thurs **Times:** 5:30 – 6:30 pm

#### WEIGHT ROOM TRAINING

Introduction to use of cable weights and cardio equipment.

**Days/Sessions:** Mon Noon–6:00 p.m.

#### CIRCUIT TRAINING ROOM

Trainer available to assist in circuit room.

**Days/Sessions:** Tue 9:00 am – 10:00 am

Wed 10:30 am – 12:45 pm

Thu 9:00 am – 10:00 am

#### INTRO TO FREE WEIGHTS

Introduction to the use of free weights (dumbbells, etc.) and strength training exercises, Great stabilizer workout.

Tues 1:15–2:00; Fri 11:00–11:45

#### SPICE

Variety workout program

**Days/Sessions:** Tues, Thu Noon – 1 pm

**The Y provides a variety of group exercise opportunities. All FREE to YMCA members.**

**Location:** Main Facility, 3000 Racquet Club Dr

**Y Members Fee:** FREE **Non-member Fee:** \$10

#### ZUMBA

Zumba is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movements. It integrates some basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning.

**Days/Sessions:** Tue 11 am–12 n; Thu 6:45–7:45 pm

**Zumba Gold:**

Low impact Zumba. Great for beginners and seniors.

Wed 1:15 pm – 2:00 pm; Thurs 11 am–12 n

**Zumba in the Circuit:**

Mon 6:15 – 6:45 pm (Coed)

Tue, Wed, Thurs 10:00 – 10:30 am

Wed 2:30–3:00 pm

#### TOTALLY TONE

Tone up by using several methods of strength training. Stay an additional half hour to focus on your core with an extended HARD CORE portion of this work out. All levels and abilities are welcome.

**Days/Sessions:**

#### STRETCHING

**Days/Sessions:** Thurs 2 pm – 3 pm

Fri 10:30 – 11:00 am

#### ATHLETIC CONDITIONING

An exercise class that has it all -- endurance, circuit, weight training. Ever changing and challenging. Uses a variety of equipment. Higher level workout.

**Days/Sessions:** Tue & Thurs 4 – 5 pm

#### Y TRX® TRAINING

Total Results Training. TRX Suspension Training delivers results with dynamic total body exercise that appeals to both men and women, no matter their fitness level and goals. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

**Days/Times:** Mon / 10:45 am – 11:30 am; Tue / 6:45 pm – 7:30 pm

**Class is limited to five participants. Registration required for every class.**

## FOR SOCIAL RESPONSIBILITY FACILITY RENTALS VOLUNTEER, GIVE, LIVE

### YMCA FACILITY RENTALS

The YMCA is the place to go for large venue activities, youth lock-ins, retreats or just a few hours! You may rent in advance all or part of our facility for a group of any size. We offer canoeing, kayaking, tennis, roller hockey, basketball, racquetball, wallyball, volleyball, and many other activities for fun and exercise. Ask for a Facility Rental Brochure at the YMCA front desk, go to the web site at [www.gtbayymca.org](http://www.gtbayymca.org) or call 933-9622 .

*Some examples:*

- *Present Truth Ministries of TC meets at the YMCA Early Childhood Center Sunday afternoons at 2:30 pm for a non-traditional time of worship and teaching.*
- *A school is using our workout and fitness areas for a special physical education class.*
- *Churches have rented the facilities for various youth ministry activities including "lock-ins".*
- *Groups like pickleball enthusiasts rent court time to play this fast-paced, growing sport.*



### VOLUNTEER, GIVE, LIVE

#### VOLUNTEER

Coaches, baby rockers, chaperones, committee members, building & grounds ... there are plenty of opportunities to volunteer your time and talent to the over 65 programs of the Y. Check out our website and click "Volunteer" on the program list for many and varied opportunities.

#### GIVE

#### INVEST IN YOUTH

Your annual donation to our *Invest in Youth Appeal* gives the opportunity to kids, families, and seniors to fully participate in all our programs. Check out our website and download a donation form for your gift.

#### THE NEW Y CAPITAL CAMPAIGN

Your donation and pledge to the New YMCA will help us build the new Y on Silver Lake Road. Click [www.4good4ever.org](http://www.4good4ever.org) to make a donation now. Call 935-4066.

***We thank our 438 volunteers in 2011 who gave 29,896 hours worth \$638,578 in service to help the Grand Traverse Bay YMCA promote its Judeo-Christian mission to our region!!***



## FOR SOCIAL RESPONSIBILITY

### 2012 COMMUNITY BENEFIT REPORT

The YMCA is a community-based association of people committed to nurturing the potential for youth, promoting healthy lifestyles, and fostering social responsibility to ensure that every individual has access to the essential resources needed to learn, grow, and thrive. Chartered in Traverse City in 1964, the Grand Traverse Bay YMCA has the long-standing relationships and physical presence not just to promise, but also to deliver lasting personal and social change.

#### We're For... Youth Development



#### Youth Development Legislative Priorities

We support affordable childcare, after-school programs, literacy, and active play.

We support anti-bullying policies in public schools.

We support Governor Snyder's budget proposal to maintain funding for Great Start Readiness.

#### Youth Development GT Bay YMCA by the numbers

**6,213** Youth Members and program participants

**139** kids enrolled in Child Care and After-school programs

**58** infant to preschooler at Y Early Childhood Education Ctr

**105** kids each week enrolled in Y Camp

**2,000** kids will learn to swim each year at the New Y

#### *Did You Know?...*

Collectively, YMCAs make up the largest provider of child care services and Learn-To-Swim programs in the nation.

#### We're For... Healthy Living



#### Healthy Living Legislative Priorities

We support efforts to fight youth obesity, encourage physical activity for all ages, and prevention as a means to help curb chronic diseases.

We support mandated minimum levels of physical activity and nutrition education in public schools.

We support requiring licensed child care providers to provide nutritional meals and opportunities for physical activity to the children in their care.

#### Healthy Living GT Bay YMCA by the numbers

**2,535** Members

**9,139** Program participants

**\$19,240** of YMCA direct financial support is allocated to Health & Well-Being

#### *Did You Know?...*

20 years ago **1** in **20** youth were overweight. Now that number is **1** in **3**, and **1** in **5** are obese. "Youth Working on Wellness" (Youth WOW) is a multi-agency approach offered by the Grand Traverse Bay YMCA to help to reverse this trend.

#### We're For... Social Responsibility



#### Social Responsibility Legislative Priorities

We support tax exemption for non-profit entities that are providing a community benefit.

We support service learning opportunities for young people.

We support programs that encourage character development and values education focused on Caring, Honesty, Respect, and Responsibility.

#### Social Responsibility GT Bay YMCA by the numbers

**438** YMCA volunteers

**29,896** YMCA volunteer hours

**\$638,578** dollar equivalent of YMCA volunteer hours

**\$47,692** direct financial assistance to families

**\$53,649** indirect financial assistance to communities

#### *Did You Know?...*

Non-profits account for **29%** of our economy. GT Bay YMCA employs **7** full time staff, **169** part time staff, and accounts for **\$183,605** in annual gifts.



## Universal Registration Form

<b>Program</b>			
Program Dates/Season Dates:			
<b>Participant Name</b>			
Email		<input type="checkbox"/> Y Member	<input type="checkbox"/> Male
		<input type="checkbox"/> Non Member	<input type="checkbox"/> Female
Address			
City, State, Zip			
School		Grade	Date of Birth
Mother/Guardian		Father/Guardian	
Address		Address	
City, State, Zip		City, State, Zip	
Home Phone	Cell Phone/Emergency	Home Phone	Cell Phone/Emergency
Special Needs/Health Concerns (include medications)			
Special Request (coach, teammate, etc.)		Please contact me to volunteer as a:	
		<input type="checkbox"/> Coach <input type="checkbox"/> Assistant Coach <input type="checkbox"/> Photographer/Videographer	

### STAFF USE ONLY

Form of payment:

Program # \_\_\_\_\_

Cash

Check # \_\_\_\_\_

CC # \_\_\_\_\_

CC Expiration Date \_\_\_\_\_

Amount Paid \_\_\_\_\_ (including late fee) Date Received \_\_\_\_\_ Staff Init \_\_\_\_\_

**RETURN FORM TO:**  
**Grand Traverse Bay YMCA**  
**3000 Racquet Club Dr**  
**Traverse City, MI 49684**  
**933-YMCA (9622) Front Desk**  
**947-0651 (Fax)**  
**www.gtbayymca.org**

### GRAND TRAVERSE BAY YOUNG MEN'S CHRISTIAN ASSOCIATION

#### Official Registration Form

#### Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused be the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. *PARENTS: Our staff is trained in child abuse prevention and all staff sign a code of conduct. Please report any suspicious activity immediately.* The undersigned agrees to abide by the Program Refund Policy as stated in the YMCA quarterly Program Brochure. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

**The Grand Traverse Bay YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials.** This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion. Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner. The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

**YMCA PROGRAMS ARE NOT SPONSORED BY OR ASSOCIATED WITH TCAPS OR GTACS**

Signature of Applicant/Parent: X \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Child in Program: X \_\_\_\_\_

Date: \_\_\_\_\_



**GRAND TRAVERSE BAY YMCA**  
3000 Racquet Club Drive  
Traverse City, MI 49684  
933-YMCA (9322) | [www.gtbayymca.org](http://www.gtbayymca.org)

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